

# THE SOURCE

## H1N1 Virus—Where We're At Today

Submitted by TiAnne Morse, Building Services Manager/Safety Officer



Shirley Stearns completes a N95 fit test on nurse Heather

We continue to hear about the H1N1 flu in the news, and on June 11, 2009, the World Health Organization (WHO) raised the worldwide pandemic alert level to Phase 6. A Phase 6 designation indicates that a global pandemic is underway as there continues to be more and more cases confirmed throughout the country.

Nebraska continues to see sporadic cases of this illness. As of June 19, 2009, there were 81 confirmed or probable cases. DHHS continues to work with state and federal agencies and local health departments to monitor the situation, but what has gone on at NRC in regards to preparing for the H1N1 Virus?

On April 29, 2009, NRC activated the Hospital Incident Command System (HICS). The Incident Command Staff met on numerous occasions to discuss Human Resources issues that

related to potential staffing needs, Quarantine Areas for sick patients, Assessment of current supplies, and Patient/Staff Education. The HICS Team is continuing to ensure that there are adequate supplies on hand and that the appropriate procedures are in place in the event this facility or our community is affected by the H1N1 Virus.

Shirley Stearns, Infection Control Nurse, has done a great job in keeping NRC informed regarding the H1N1. She continues notifying us through emails and developed an information board which is located next to the

(Continued on page 2)

### Inside this issue:

H1N1 Virus update (cont.), What's Cooking at NRC	2
New Employees	3
Kudos to Staff	4
Birthdays & Anniversaries, Parking Lottery, Bulletin Board	5
Texting article	6
Texting Table	7
Pet's Bite Can Pass on MRSA article.	8
Readers' Favorite Recipes	9
Patriotic Symbols of US article	10
Patriotic Symbols (cont.) & Quiz	11
Answers to Patriotic Quiz	12

*The Norfolk Regional Center is a progressive system of innovative adult services that promotes rehabilitation, education, research, and consultation to maximize the quality of life ...*

*Working Together,  
Giving Our Best,  
Making a Positive  
Difference*

## H1N1 Virus—Where We're At Today (Cont.)

(Continued from page 1)

mail room — check it out. Shirley keeps it up-to-date with the latest and newest information regarding the H1N1. Education was also provided to each living unit by Shirley and Diane Schumacher, PA-C, regarding signs and symptoms, precautions and treatment requirements. Shirley also completed N95 fit testing for RNs

and LPNs who may care for H1N1 victims.

Fortunately, this outbreak wasn't as serious as it could have been. The Incident Command Team remains on standby and is kept up-to-date as the pandemic continues to evolve. We still need to remain vigilant and be aware of the changing situation and continue to follow

recommendations from the Centers for Disease Control and Prevention (CDC). The most important thing we are learning from the H1N1 outbreak is simply this: WASH YOUR HANDS!

For continued information you may also visit the DHHS website: <http://www.dhhs.ne.gov/H1N1Flu/>.

---

## What's Cooking at NRC

### 5 MINUTE CHOCOLATE MUG CAKE



4 T. flour

4 T. sugar

2 T. cocoa

1 large egg

1 large coffee mug (microwave-safe)

3 T. milk

3 T. oil

3 T. chocolate chips (optional)

sm. splash vanilla extract

Add dry ingredients into mug; mix well. Add the egg and mix thoroughly. Pour in the milk and oil; mix well. Add chocolate chips, vanilla and mix again. Put your mug into the microwave and cook for 3 minutes at high (1000 watts). The cake will rise over the top of the mug, but don't be alarmed. Allow to cool a little, and tip out on a plate. If desired, top with cool whip or drizzle with your favorite frosting, and enjoy!

(Submitted by Bobbi Schulz, and she challenges Jann Drahota to submit a recipe for the next issue of *The Source*.)

## Please Welcome the New NRC Employees



Daniel Haycock  
Mental Health Security  
Specialist II Security Guard



Rick Brazau  
Mental Health Security  
Specialist II Security Guard

## Leave of Employment

June 7, 2009

Heather Jensen, MHSS II

June 14, 2009

Raelee Eicke, PT II

June 16, 2009

Cindy Fox, Nurse II

*"Here is a test to find whether your mission on earth is finished: If you're alive, it isn't."*

*- Richard Bach*

## Benefits of a Walk

Submitted by Julie Beutler, Associate DON

Walking is a great way to stay healthy. There are many short-term and long-term benefits. Walking can control weight, maintain good healthy blood sugar and cholesterol levels — which all will help prolong your life. Walking improves cardiovascular fitness and circulation; it facilitates medical rehabilitation and recovery from many ailments, including heart attack; and it generates a sense of well-being. It can even relieve depression, anxiety and stress by naturally producing endorphins, the body's natural tranquilizer.



## Kudos to NRC Staff

Kristy Goetsch, MHSS II, writes to Ty Bauer, FOO, and John Kroll, DON — I really appreciate the security guards! I think this is a great move (especially for evenings and weekends), I feel much safer and am sharing my enthusiasm with my peers! Also, you should know Brian Planer KNEW things have been tense on our ward (3E) with a patient and was here for us during breakfast yesterday morning (excellent time)! It was great that he knew we needed him and was here! We have amazing teamwork right now, and this keeps stress levels down. Thank you for everything!

2-West Supervisor Kathy Herian advised TiAnne Morse, Building Service Manager, that Diane Hassler, 2-West housekeeper, has gone above and beyond in serving 2-West. Kathy quoted, "Diane H. went above and beyond—she went and got a warmed up blanket for one of our older patients who was complaining that he was cold. I have also observed her monitoring the bathroom door when all the ward staff are busy or not available. I appreciate her willingness to go above and beyond when the work load is heavy."

TiAnne Morse, Building Service Manager, writes: On June 6, 2009, a water pipe broke and required replacing. I would like to send kudos to the following: Mark and his team for the quick repair/replacement of the pipe. NRC was up and running in 2 hours. Don S. and Terry W. for retrieving the water from the disaster kits. Their response time was great! Brian P. for helping me deliver bottled water to the units.

Great  
Job!  
😊

## July Birthdays

- 1 - Marilyn Blunck
- 5 - Lois Brenneman
- 8 - Kimberly Synovec
- 9 - Douglas Moats
- 12 - Susan Johnston
- 14 - Joy Wieseler
- 15 - Pam Anderson  
Paul Tillson
- 19 - Sandra Spreeman
- 28 - Monte Middleton
- 29 - Sharon Koehler
- 30 - Ray Winter

## The Bulletin Board

I would like to thank all who participated in my supper before my surgery and for all the gifts, cards, phone calls and well wishes since my surgery. I sure did appreciate it all.

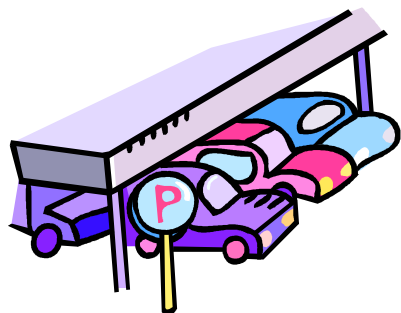
Thanks for being so kind!

Judene Mewis

## July Anniversaries

- 1 - Diane Nelsen (13 years)
- 2 - Michael Gettman (19 years)  
TyLynne Bauer (2 years)  
Lynette Wells (8 years)
- 8 - Barbara Buettgenbach (15 years)
- 9 - Sheryl Hansen (25 years)  
Victor Van Fleet (2 years)
- 10 - Mark Craft (3 years)
- 13 - Margaret Pick (17 years)
- 15 - Corrine Janovec (24 years)  
Jay Hledik (12 years)
- 18 - Rebecca Inness (15 years)  
Patricia Bethune (13 years)
- 23 - Bryan Bretschneider (24 years)
- 25 - Verlin Redlinger (32 years)
- 27 - Terry Hess (11 years)
- 29 - Dawn Collins (25 years)  
Lori Nuttelmann (15 years)  
Steven Daniels (7 years)  
Shirley Drahota (7 years)
- 31 - Barbara Maas (38 years)

## Parking Lot Lottery



Winners for the month of July are:

- 1. Jean Laing
- 2. Leann Daniels
- 3. Bill Block
- 4. Kevin Anderson
- 5. Ty Bauer



## Fishing Instructions

If you want to fish, you'll need bait. The best bait is worms.

All you do is impale the worm on the hook and toss it in the water. The fish will nibble on it until it's gone, then they'll give the hook a gentle tug to let you know it's time to send another worm down.



## DO yor kds snd U msgz llk DIS 1? Relating to Your Teens Through Texting

Submitted by TyLynne Bauer, Facility Operating Officer

Such cell phone notes are typically no longer than 160 characters, but they speak volumes about a widening technical divide between generations.

Texting, as it is known, is second nature to many teenagers and college students. To their parents, it is often irrelevant if not unfathomable. As a result, children use the text-messaging function on their cell phones as a way to whisper to their friends out of earshot, so to speak, of parents and teachers, who are left to wonder what arcane language the children are speaking.

Technologists, however, counter that parents ought to learn how their children are

using their cell phones. To do otherwise is tantamount to ignoring them, they say, given the amount of time children spend on cell phones. The e-mail, instant messages, cell phones and personal home pages of today are simply successors to the letters, phone calls and telegrams that earlier generations relied on. Telegrams, in particular, are analogous, because they had their own language.

Thanks to technology like cell phones, said Gary Cross, a historian at Penn State University who studies childhood, "We see this return to this earlier world where kids are not trained to be adults, but where

adults and kids mingle and where kids are precocious and adults are childish."

As a mother of teens and in my quest to connect to my kids, I found the following Periodic Table of Texting to be most helpful. So, as you are alol bc uwysls, but u kan rel8 2 ur kids, being that psos. Ttfn, nbd, plz enjoy both your children and your new-found adventure of texting.

Resources:

Belson, Ken. (2006). A parent's guide to teenspeak by text message. Ideas and Trends. Retrieved 29-June-09 from [www.nytimes.com](http://www.nytimes.com).

Marlman, Heather M. (2008). Understanding text messaging lingo: Are you smart enough to crack the text message code? Retrieved 29-June-09

# Periodic Table of Texting

1 OMG Oh my God	4 WE What Ever
3 JK Just Kidding	12 J5M Just Five Minutes
11 CYS See You Soon	
19 DEF Definitely	20 IYD In Your Dreams
37 NME Enemy	38 NEI Any One
55 SMH Shaking My Head	56 PR Parent in Room
73 PAW Parents are Watching	74 SRRY Sorry

5 THNX Thanks	6 XO Hug & Kiss	7 XOXO Hugs & Kisses	8 SWAK Sealed With a Kiss	9 53 Heart	10 IYD In Your Dreams	2 LOL Laugh Out Loud
13 JAM Just a Min- ute	14 JC Just Check- ing	15 K Okay	16 JP Just Playing	17 KIT Keep in Touch	18 KEWL Cool	
31 M4C Meet For Coffee	32 HC Who Cares	33 LYMI Love You, Mean It	34 MSG Message	35 NBD No Big Deal	36 NFW No Flip- ping Way	
49 QT Cutie	50 R&R Rest and Relax	51 RU Are You	52 ST&D Stop Tex- ting and Drive	53 SETE Smiling Ear to Ear	54 S^ What's Up	
67 TOM Tomorrow	68 WO With Out	69 WG Wicked Grin	70 WBS Write Back Soon	71 WC Who Cares	72 TAIL Think I'm In Love	
85 Ya You	86 U You	87 BAK Back	88 WC Who Cares	89 IDK I don't Know	90 IDC I don't Care	
21 ISO In Search Of	22 L8R Later	23 LMK Let Me Know	24 LMHO Laugh My Head Off	25 LVM Left Voice Mail	26 BFF Best Friend Forever	
39 NIS M I Say Mor e	40 NTM Not That Much	41 OIC Oh I See	42 NW No Way	43 NTK Nice To Know	44 P&C Private & Confidential	
57 SK8 R Skat er	58 TTFM Ta Ta For Now	59 TACP Take a Chill Pill	60 SWU So, What's Up?	61 SU Shut Up	62 TISL This is so lame!	
75 YR Yeah Righ t	76 J Smile	77 XD Big Smile	78 P Sticking Out Tongue	79 d Yummy,!	80 D Another Smile	
81 LMBO Laugh my Butt Off	82 LOL2ME Laugh to Myself	83 LTM Laugh to Myself	63 TAFN That's all for Now	64 TTYL Talk To You Later	65 TRDF Tears Down My Face	
45 PLZ Please	46 PDQ Pretty Darn Quick	47 REH Hi Again	48 OL Quit Looking	27 BF Boy Friend	28 EF Friends Forever	
43 NTK Nice To Know	44 P&C Private & Confidential	45 PLZ Please	46 PDQ Pretty Darn Quick	29 LYL Love You Lots	30 LY Love You	

## A Pet's Bite Can Pass on MRSA

Submitted by Lisa Weible, Activity Assistant

Transmission of methicillin-resistant staphylococcus aureus (MRSA) infections between pets and humans are increasing, with the most common being infections of the skin, soft-tissue and surgical infections, say researchers who conducted a review of clinical evidence. "Pet owners are often unaware of the potential for transmission of life-threatening pathogens from their canine and feline companions," Dr. Richard Oehler, of the University of South Florida College of Medicine in Tampa, and colleagues wrote in the July issue of *The Lancet Infectious Diseases*.

Dog and cat bites account for about 1% of emergency department visits each year in the United States and Europe. Severe infections occur in about 20% of all cases and are caused by bacteria from the animal's mouth, plus possibly other bacteria from the human patient's skin, the study authors pointed out.

Sepsis, a bloodstream infection, can be a severe complication of bite wounds infected

with MRSA and a number of other types of bacteria, noted Oehler and colleagues.

Increasing prevalence of community-acquired MRSA in humans has been accompanied by MRSA colonization in domestic animals such as dogs, cats and horses. This makes the animals potential reservoirs of MRSA infection. And MRSA-related skin infections in pets, such as simple dermatitis, can easily spread to humans, according to the article.

Treatment of MRSA infections in pets is similar to that used in humans, said the researchers, who added that much more research needs to be done on MRSA pet-human infections.

"Bite injuries are a major cause of injury in the USA and Europe each year, particularly in children. Bites to the hands, forearms, neck and head have the potential for the highest morbidity," the study authors conclude. "Health-care providers are at the forefront of protecting the vital relationships between people and their pets. Clinicians must continue to promote loving pet owner-

ship, take an adequate pet history, and be aware that associated diseases are preventable via recognition, education, and simple precautions."

The U.S. National Institute of Allergy and Infectious Diseases has more about MRSA. For more from MSN Health & Fitness on Dog Bites and Vaccines:

- The Most Important Vaccines of Our Time
- Beware of Dog Bites
- Animal and Human Bites
- Search: Vaccination News

Source: *HealthDay News*, June 22, 2009, by Robert Preidt





## Readers Share Favorite Recipes

### COCONUT RHUBARB DESSERT

4 c. sliced fresh or frozen rhubarb    1 c. flaked coconut  
1 1/2 c. sugar    1/2 c. chopped pecans  
1 1/2 c. water    1/2 c. butter, melted  
1/8 tsp. red food coloring, optional    1 pkg. butter pecan cake mix  
Vanilla ice cream, optional

In a large saucepan, combine the rhubarb, sugar, water and food coloring if desired. Cook over medium heat for 8-10 minutes or until rhubarb is tender; cool slightly. Transfer to a greased 13 x 9 baking dish; sprinkle with cake mix. Top with coconut and pecans. Drizzle with butter. Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Serve with ice cream if desired. Serves 12.

Submitted by Marilyn Stromberg, Nursing Staff Assistant



### SAUSAGE & EGG BREAKFAST PIZZA

2 pkgs. refrigerated crescent rolls    2 T. milk  
1 lb. bulk pork sausage    1/2 tsp. salt  
1 T. butter    1/4 tsp. pepper  
1/3 c. chopped onion    1 T. butter  
1 sm. green pepper, chopped    1 1/4 c. sliced fresh mushrooms  
1 envelope country gravy mix    2 c. shredded cheddar cheese  
6 eggs    1 c. pepper Jack cheese



Separate crescent dough into 16 triangles and place on a greased 14" round pizza pan with points toward the center. Press onto the bottom and up the sides of pan to form a crust; seal seams. Bake at 375° for 11-13 minutes or until golden brown. Meanwhile, in a skillet, cook the sausage, onion and green pepper over medium heat until sausage is no longer pink; drain. Prepare gravy according to package directions. Stir into sausage mixture; set aside.

In a small bowl, whisk the eggs, milk, salt and pepper. In a large skillet, heat butter over medium heat. Add egg mixture; cook and stir until almost set. Spread gravy mixture over crust. Top with egg mixture, mushrooms and cheeses. Bake 5-10 minutes longer or until cheese is melted. Cut into wedges. Serves 8.

Submitted by TiAnne Morse, Building Services Manager

# Patriotic Symbols of the United States

## The Statue of Liberty



The Statue of Liberty, or more properly, Liberty Enlightening the World, is one of our nation's greatest symbols and has special significance for people the world over. The famous lady who presides in grandeur over New York Harbor was the welcoming beacon that signified freedom in the new world to 17,000,000 of our American ancestors. She began life as an ambassadress of friendship, given to us by France as a symbol of friendship and of the "Life, Liberty, and the Pursuit of Happiness" that citizens enjoy under our government.

One of the largest statues ever made, Miss Liberty was built in France, then shipped to the U.S. in 1885 in 214 cases. It cost \$530,000 to assemble her on Liberty Island. The statue was designed by the French sculptor Frederic Auguste Bartholdi, who used his mother as a model. The statue's iron framework was designed by French architect Gustave Eiffel, the same man who designed Paris' Eiffel Tower. The Statue of Liberty

is covered by 200,000 pounds of hand-hammered copper sheathing.

## The Liberty Bell



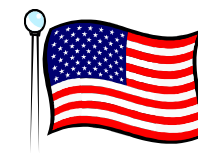
Did you know that the Liberty Bell was around long before the Declaration of Independence? This important symbol of our national life has quite a story behind it.

Town bells were always used in the villages of Europe and England to send messages to the people, such as an emergency, reasons for people to gather, or simply the evening curfew. During colonial days, the town of Philadelphia decided it needed such a bell for the new State House being built. The problem was bells weren't made in America. It took a certain metal to give a bell the melodic tones that made them so special, so the bell was ordered from a foundry in England in 1752. When the bell was unloaded, moved to the city square, and rung for all to hear, it sounded wonderful! But not for long; that very day, the bell cracked and its tones turned to dull, flat bongs. When the ship captain refused to return it to England for re-

placement, it was melted down and recast by an American foundry, Pass and Stow, in 1753. When the new bell was hoisted into place and rung, Philadelphians again got an unpleasant surprise. The bell's peals were so harsh and high-pitched it was again taken down, melted and recast for a third try. For many years thereafter, the great bell rang out to call the people together and to raise the voice for important occasions.

The bell cracked again — for the last time — while tolling during the funeral of Chief Justice John Marshall in 1835. That doesn't mean the Liberty Bell is forever silent, however. On special occasions it is sounded by being struck on the rim, as for the 150th anniversary of Independence Day.

## The Flag



The flag that Americans proudly salute as a symbol of our nation is more than the red, white and blue stars and stripes. It stands for freedom. It has been the sign of refuge for millions of oppressed people from all over the world. It

has led our soldiers into battle. It has flown in peace and war, over the living and the dead. It symbolizes our great nation's strength and power. When, in 1909, American explorers became the first people ever to reach the North Pole, they set up the flag to show a dream had come true ... and again 60 years later, the American flag was set up on the moon by our astronauts, first in another dream come true.

The first American flag was made during the Revolutionary War and has changed as the country has changed. The "Betsy Ross Flag", with a circle of 13 stars, was adopted as the national symbol by Congress on June 14, 1777. In 1818, Congress ruled that a new star would be added for the admission of each new state, and fixed the flag design at the original number of stripes, 13, representing the original 13 states.

The white stripes of the flag signify purity and innocence of humankind. The red stripes stand for courage like that shown by the pioneers and the common working people. The blue field symbolizes vigilance to protect freedom, perseverance to reject defeat, and justice — the goal of free people

everywhere. A star represents each state of the union, and the stars unified on the field of blue show that the 50 states are one nation.



### The Bald Eagle

This regal bird was chosen as the national emblem of the United States for many reasons. The eagle has always been known for courage and nobility; it never seeks battle with smaller or weaker birds; it shares its food with others. It has strength and majesty and is a symbol of supreme power and authority.

Look at the President's Seal. You'll notice the right talon of the eagle (the place of honor) holds an olive branch. The eagle faces 13 leaves and 13 fruits of the olive branch, symbolizing that the United States is committed first to furthering peace rather than engaging in war. In the eagle's left talon are 13 arrows, representing military preparedness. Taken together, the arrows and the olive branch signify a nation mighty enough to defend its freedom but with no desire for conquest or dominion. The spread wings of the eagle symbolize a nation of action.

The Bald Eagle is not really

bald, but appears to be because its head is covered with white feathers. It is found only in North America.

### PATRIOTIC TRIVIA QUIZ

1. Which presidents died on the 4th of July?
2. What do the 13 stripes on the US flag represent?
3. The Great Seal of the US depicts an eagle carrying arrows in its talons and a ribbon in its mouth — What is written on the ribbon?
4. Why were the 13 stars placed in a circle on the first US flag?
5. What does "G.I." stand for in G.I. Joe?
6. What is a vexillologist?
7. How many 5-star generals does the US currently have?
8. During what war could you pay \$300 to not be drafted, or find a substitute to serve for you?
9. In 1971, who was given the right to vote?
10. The Battle Hymn of the Republic was written by what woman?

(Answers on back cover)

## THE SOURCE

DHHS—STATE OF  
NEBRASKA

Norfolk Regional Center  
1700 N. Victory Road,  
Bldg. 16  
PO Box 1209  
Norfolk NE 68702-1209  
Email:  
marg.hipp@nebraska.gov  
402.370.3315



*The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.*

*It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!*

*NRC Editorial Board*

*Marg Hipp - Editor - 370.3315*

*TyLynne Bauer - 370.3328*

*Susie Kohlhof - 370.4313*

*Marilyn Stromberg - 370.3142*

## Answers to Patriotic Trivia Quiz

(Quiz on page 11)

1. Thomas Jefferson, 1826; John Adams, 1826; and James Monroe, 1831.
2. The original 13 colonies.
3. "E Pluribus Unum", which means "one out of many".
4. To signify no state was more important than another.
5. Government issued.
6. A flag expert.
7. None, since O. Bradley died in 1981.
8. The Civil War.
9. 18-year-olds.
10. Julia Ward Howe.

